

Preparing Wild Game (www.healthysd.gov)

After the big hunt, hunters are eager to prepare the meat for a meal. Most game meats are low in fat compared to domestic animals. When preparing, keep in mind:

- Game meat may dry out quicker and may cook faster.
- Game meat with excess fat should be trimmed prior to cooking since fat holds off flavors more than the muscle.
- Using marinades and sauces will help enhance the flavor of the meat.
- Game birds are delicious when smoked with woods such as apple, cherry or hickory.
- Venison can be prepared almost any way beef is prepared. Chops, steaks and tender roasts can be grilled, pan-fried or roasted. To prevent excess drying, brush the surface with vegetable oil. Cook to internal temperature of 170°. Less tender cuts are best cooked with added moisture such as marinade which will help tenderize as well as add flavor to the meat.
- Game birds can be dry when cooked, especially if the skin is removed.
- Wild turkeys can be cooked much like domestic turkeys by roasting. Cook till temperature in the breast is 180-185°.
- Ducks and geese may be baked, broiled, barbecued, breaded, fried, and used in casseroles, gumbos, creoles, chop suey, gravies and more. Older birds will be tougher. Wild duck is dark and drier.

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Wild Cookin',

Recipes and Resources for

Wild Game





<http://www.dnr.state.oh.us/Home/WildOhioCookbook/tabid/6470/>

Gathered by the West Virginia Division of Natural Resources

<http://www.wvdnr.gov/Hunting/PDFFiles/cookbook.pdf>



TEXAS PARKS & WILDLIFE



<http://www.tpwd.state.tx.us/exptexas/programs/wildgame/>

Even Stephen's Wild Game Recipes

<http://www.evenstephen.com/>

Easy Wild Game Recipes

<http://www.wildgamerecipes.org/>

Recipezaar-Wild Game Recipes

<http://www.recipezaar.com/>

National Wild Turkey Federation

http://www.nwtf.org/tips_adventures/recipes.php

Healthy Eating Tips

Veggie Up!!--Eat a diet rich in fruits & vegetables.

Go for the LEAN!! -Limit saturated fats & eat lean meats.

Get Your Grains On!! - choose whole grains instead of white breads & crackers.

Go for the Skinny!! - Drink skim or low-fat dairy products (cheese, milk, yogurt—3 servings per day)

Move On!!- Exercise daily- aim for 30 minutes each day.

Get the 3 R's!! - Relax, rejuvenate & reduce your stress- find something you enjoy **that relaxes you.**

Fiber, Fiber, Fiber!! Add more fiber to your diet (whole grains, fruits, veggies)

Water- Aim for 6-8 glasses of water each day. You'll feel fuller.

Make the Change!! –Start with one small change, once you've embraced this change, pick another to try.

Plan for Success!! When eating out order a lunch or child's portion, split the dinner, watch the dressings & add-ons.

Those calories add up!!

NUTRITIONAL DATA

Comparative Nutritional Information - 4 ounce portions (uncooked) from a study by the MEAT SCIENCE AND TECHNOLOGY

CENTER Department of Animal Science at Texas A&M University.

Species	Fat grams/ 4 oz.	Protein grams/ 4 oz.	Calories kcal/ 4 oz.	Cholesterol mg/4 oz.
Whitetail Deer	2.2	27	128	70
Beef-Ground, extra lean	18.5	29	290	95
Beef-Top loin	26.1	21	323	79
Lamb	4.9	24	142	75
Pork, center loin chop	24.8	31	355	108

Lemon Pepper Catfish (wvnr website)

- 1 ½ pounds catfish fillets
- 1 to 2 tbsp melted margarine or butter
- 1 tsp lemon pepper seasoning
- Salt, to taste



Clean, wash, and dry fish. Preheat oven to 375 degrees. Place fish in a single layer in an oiled baking dish. Drizzle butter over the fillets and sprinkle with lemon pepper. Bake 16 to 18 minutes. Fillets are done when a fork slices through the thickest part of the fillet with little resistance and the fish flakes easily.

Fish and Spinach Salad (odnr website)

- 1 pound fish fillets (walleye, perch)
- 6 oz. fresh spinach torn into bite-size pieces
- 1 can (16oz.) chilled and drained bean sprouts
- 1 stalk celery, cut diagonally
- 4 large green onions sliced
- 12 cherry tomatoes

Ginger dressing:

- ¼ cup salad oil
- 3 tablespoons white vinegar
- 2 teaspoons sugar
- 1 ¼ teaspoon salt
- 1 teaspoon soy sauce
- ½ teaspoon ground ginger
- 1/8 teaspoon pepper



Poach or steam fish – prepare ginger dressing by pouring all ingredients in jar and shaking well. Makes ¾ cup dressing. Break fish into bite-size pieces. Pour dressing over fish, cover and refrigerate for at least 1 hour. Toss with remaining ingredients.

Venison Cabbage Rolls (odnr website)

- 1 lb ground venison
- 1 chopped onion
- Garlic (to taste)
- ¼ - ½ tsp nutmeg
- Salt and Pepper (to taste)
- 2 cups tomato sauce
- Cooked brown or white rice

Cabbage leaves. Grated cheese, Parsley
Prior to cooking meat and sauce, boil cabbage leaves for 2-3 minutes. Cook venison until brown; mix in onions, nutmeg, salt, pepper, and garlic to taste. Cook on stove until onions are cooked (softened). Mix in rice and 1 cup of tomato sauce. Create rolls by adding the meat and sauce into boiled cabbage leaves. Return rolls to pan, pouring the rest of the tomato sauce on top. Allow rolls to simmer for 20 minutes. Serve, garnishing with optional parsley and grated cheese.



Kerrville Venison Kabobs (tpwd website)

- Venison-cubed
- 4 c Soy Sauce
- 1 c Apple Cider Vinegar
- 1/2 c Tarragon Vinegar
- 2 c Vegetable Oil
- 12 cloves Garlic, chopped
- 2 tbs Lemon Pepper (lite)
- 2 tsp Ginger
- Onion, chopped
- No Salt

Blend all the ingredients; add the meat and refrigerate for 12-24 hours. Remove meat, skewer and grill until tender. Discard remaining marinade.

Dove Poppers (odnr website)

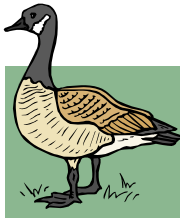
Dove breasts (4 per person)
Chunks of pineapple, green chille or
jalapeno pepper and mushrooms
Teriaki sauce
strips of bacon, cut in half



Place chunks of pepper, pineapple or mushroom between dove breast sections, wrap in 1/2 slice or bacon and hold together with a toothpick. Place on a plate and shake teriaki sauce over them. Put on low heat on the BBQ grill and close lid. Turn about every 5 minutes and cook for about 20 minutes, until bacon is browned.

Goose Stew (wildgamerecipes website)

A dressed Goose, cut into serving pieces
Red pepper to taste
Garlic to taste
1 - 2 pints water
1/8 cup olive oil
3 celery leaves, chopped
12 bunches green onions
Salt and pepper to taste
4 large onions, chopped
1 green pepper, chopped
3 apples
Parsley



Season Goose with salt, black pepper, and red pepper. Heat oil in large, heavy pan until very hot. Brown Goose in hot oil. Remove from pan; place onions, garlic, celery, and green pepper in same pan. Replace Goose in pan. Cook over medium heat for 15 minutes, stirring frequently. Add water; cover. Cook slowly for 2 1/2 hours or until tender. Replenish water if necessary. About 15 minutes before serving, add green onions and parsley. Serve over rice.

Orange Duck Breasts (wildgamerecipes website)

Breasts of 2 ducks
1 pkg. dry onion soup mix
1 apple, sliced
2 cups water
1 orange, sliced



Fillet breasts. Place breasts on platter and cover with apple and orange. Cover with plastic wrap and refrigerate overnight. Remove apple and orange slices and place fillets in 1 1/2 quart oblong baking dish. Empty onion soup into dish; add water. Bake at 300 degrees for 2 hours. Serve with pan drippings. Serves 4.

Baked Wild Turkey (wvnr website)

1 wild turkey
Salt and pepper, to taste
Garlic powder or salt, to taste
2 to 4 cups water



Prepare turkey, salt and pepper lightly. Sprinkle with garlic powder or salt. Place bird in a baking pan. Add water, cover tightly, and bake at 350 degrees F. until tender, approximately 3 hours. Since wild turkey has a tendency to be a bit dry, slice all meat from bones and pour broth over meat to serve.

Smoked Wild Turkey (nwtf website)

1 (5 lb.) wild turkey breast, deboned
12 ounces commercial Italian dressing
12 strips thickly sliced bacon
1 box of toothpicks



Cut breast meat along the grain into long, thin 1/4-inch-thick strips. Submerge strips in dressing, cover, and marinate in the refrigerator for three to six hours. Drain. Place a strip of bacon onto each sliced turkey breast strip, cut the bacon/turkey strip 4 inches long, roll into a pinwheel, and secure with a toothpick. Place in a large non-stick skillet and cook over very low heat for about an hour. (You may also try baking them at 350 degrees for approximately 20 minutes.) The turkey roll is done before bacon browns.